



Fosamax - A Drug with Deadly Results

The drug Fosamax produced by Merck has been available to the public for just a little over ten years and has become well known, as the almost \$3 billion dollars in sales in 2005 demonstrate, due to its advertising for osteoporosis, or bone-loss. Since so many people in the United States, especially women, suffer from osteoporosis, they have been informed that Fosamax will help fight it. But has that really been the case? Does Fosamax really help to prevent osteoporosis and build healthy bones? The answers will shock you.

What Is Fosamax?

FOSAMAX (alendronate sodium) is a bisphosphonate that acts as a specific inhibitor of osteoclast-mediated bone resorption. Bisphosphonates are synthetic analogs of pyrophosphate that bind to the hydroxyapatite found in bone. In other words, the drug Fosamax is supposed to prevent the body from activating the osteoclasts, specific cells that break down old bone tissue, allowing you to keep bone tissue your body has thus far created, while the osteoblasts, specific cells that build new bone tissue, continue working.

Natural Process of Bone Remodeling

Ideally in a healthy individual who is obtaining the required nutrition, the body is constantly tearing down old bone tissue with the osteoclasts to make room for the new bone tissue built by the osteoblasts. Now ask yourself, Why would I want to take a drug that would interfere with this normal healthy process, and what kind of negative side effects could occur?

Fosamax's Dismal Results

Researches have found that while Fosamax does help to build denser bone it has not prevented fractures. This is because instead of improving bone health it actually makes them more brittle, which of course makes them more prone to fractures, the exact opposite of what you want. Also, it was found that even if people stopped taking Fosamax it can remain in the body for up to ten years.

Please note what one researcher Susan Ott, MD, of the University of Washington wrote in a 2004 letter published in the Annals of Internal Medicine, "Many people believe that these drugs are 'bone builders,' but the evidence shows they are actually bone hardeners." Natural healthy bone while very sturdy and has more strength than steel the same size, is also very flexible. If bone becomes too hard then it can more easily fracture and break.

Osteonecrosis - Bone Death

A deadly side effect called osteonecrosis, meaning death of bone, or in this case death of the jawbone, has been discovered in people who have been using Fosamax. In a December 13, 2004, press release, doctors at Long Island Jewish Medical Center announced that they had discovered a link between Fosamax and a serious bone disease called osteonecrosis of the jaw. According to the Long Island Jewish Medical Center, "Osteonecrosis of the Jawbone is a condition in which the bone tissue in the jaw fails to heal after minor trauma such as a tooth extraction, causing the bone to be exposed." The doctors also stated that this exposure can eventually lead to an infection and fracture which may require long-term antibiotic therapy and, or, surgery to remove the dying bone tissue.

The chief of the Division of Oral and Maxillofacial Surgery at the Long Island Jewish Medical Center, Salvatore Ruggiero, DMD, MD, said they conducted the study after they noticed a cluster of cancer patients with necrotic lesions in the jaw, a condition they previously saw, in only one or 2 patients a year.

In conducting a review of the patients' charts, the doctors found that the 63 patients, diagnosed with Osteonecrosis of the Jawbone over a 3-year period, shared one commonality, they all had received long-term bisphosphonate (Fosamax) therapy.

Of the 63 patients diagnosed between February 2001 and November 2003, fifty-six were cancer patients who had received infusions of bisphosphonates for at least a year, and seven other patients had been receiving long-term oral therapy for osteoporosis.

"The patients developed Osteonecrosis of the Jawbone after normal bone trauma," the press release said, "such as a tooth extraction, while receiving bisphosphonate therapy." Rather than healing, the bone began to die, and a majority of the patients required surgery to remove the diseased bone.

Another study quoted on April 4, 2006, by United Press International, found more than 2,400 patients who were taking the injected form of bisphosphonate had suffered bone damage to their jaws since 2001.

In addition to the 2,400 patients who were taking the injected form, the study found **120** patients taking the **oral form** of the drug who had been stricken with such incapacitating **bone, joint, or muscle pain** that some **became bedridden** and **others required walkers, crutches or wheelchairs**.

While the number may seem small when compared to the estimated 39 million oral prescriptions written in 2005, health experts told The Los Angeles Times that the problems may show a trend.

"We've uncovered about 1,000 patients (with jaw necrosis) in the past six to nine months alone, so the magnitude of the problem is just starting to be recognized," Kenneth Hargreaves, of the University of Texas, told the newspaper.

"We're not quite sure what we're dealing with over the long haul," Dr Susan Ott, told the Times. "Side effects like this should make ordinary, healthy women think twice," she warned.

Healthy Bones the Natural Way

Once again the we find that drugs cannot replace proper care of our bone tissue, and they create other health problems as well. There is no magic bullet that will give you healthy bones. If you are really serious about having healthy bones, and just being plain healthy, then focus on what are body requires which is to live a healthy lifestyle, get a daily dose of sunshine on the face and arms for 20 minutes or more, take an adequate amount of vitamin D, don't smoke, use alcohol sparingly or not at all, eat as much healthy food as possible while eliminating processed and junk food, get the proper amount of resistance training weekly, and take the right high quality supplements.

While I realize the last statements are in general terms I will be presenting a newsletter with more in-depth details.

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